

Overcoming fears

James F.Bell, a professor, once said that, "Fear is met and destroyed with courage" Till now, I strongly believe in this. I believe that we should muster up that little courage in our hearts, to attempt something unexpected and step out of our comfort zones. To me, overcoming our fears is one of the hardest and challenging things in life. However, I am proud to say that I've managed to overcome a particular one of mine.

Since young, I had a fear of heights. I always get the feeling that I'm about to fall whenever I am high up above ground. During a camp I attended when I was in primary five, I was curious to find out what was the view like from the top of the rock wall, but aware of my fear, I tried to abstain from climbing. The instructor tried to encourage me to have a go at it, and my team mates also tried to spur me on but pushing me towards the rock wall, but a little voice in my head said "No Cherie, you can't do it, you're afraid." Being a fun-seeking soul, I felt impaired and held back by my fear, feeling useless at being unable to just get ahead with climbing the wall. I just had no confidence in myself.

Then, came the turning point of my life. The instructor seemed to have read my mind, as he bestowed me these words which I will remember for life, "Always do what you're afraid to do. Fear is met and destroyed with courage, so, gather your courage and climb on!" I badly wanted to see the view from above, so I decided to take my chances and climb. I put behind my fear. Bearing his words in mind, I started to have confidence, and I believed that I could do it.

I climbed. Slowly and nervously, but I climbed. Before I knew it, I reached the top.

The view from above was beautiful. I took a great look from the top of the rock wall, and I felt a sudden rush of adrenaline that gushed through me. The instructor's words, which I believed and trusted in, taught me how to remove that barrier of mine. It helped me to grow stronger and braver. Climbing to the top was a sensational yet unforgettable experience for me, and I will never forget that excitement I once felt. My fear deprived me of the opportunity to achieve something unexpected, but because I believed in what James F.Bell and my instructor said, "Fear is met and destroyed with courage", I gained an important insight of life. So what are you waiting for? Do not be afraid to climb!

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